

MANHU

DIABETIC FOODS.

Starch-Changed Preparations for the treatment of Diabetes.

CLINICAL TESTS

And Directions for the Treatment of

**DIABETES,
WITH DIETARY**

(See page 7).

Manhu Diabetic Foods

Make Life More Tolerable.

IN the treatment of Diabetic patients, physicians have always found it difficult to sustain health comfortably upon a monotonous diet of Gluten bread-stuffs; that is to say, upon bread from which all the starch has been eliminated.

A former sufferer from Diabetes experienced this difficulty so keenly, that he set himself to work to make experiments in the direction of attempting to alter the molecular state of the carbohydrates, so that those substances could be easily digested, assimilated, and broken up into carbonic dioxide and water in the Diabetic system, and not, as now, wastefully and injuriously extruded by the kidneys as glucose,

Working upon the line of thought thus suggested, a pleasant but profoundly modified bread-stuff has been produced. This is now upon the market under the name of Manhu Diabetic Foods, in the shape of biscuits, bread, flour, macaroni, porridge, &c.

In a large proportion of Diabetics, these Manhu Diabetic Foods become most valuable, and the whole of their carbohydrates, thus modified, are enabled to yield their full measure of energy to the system, although every starch cell is not fully broken.

The use of these foods has restored their Inventor, and many others, to useful health. Moreover, it has made life tolerable to other Diabetics, who have never found themselves able to resume the use of ordinary bread-stuffs.

The difference between Manhu Diabetic Foods and ordinary bread-stuffs is shown by the following conditions:—

- (1)—In their manufacture the Carbohydrates are changed, but none are eliminated. The change is slight, but effective.
- (2)—The starch is not changed to glucose.
- (3)—There is no sugar in them except some 2 per cent. of maltose, which has a different molecular constitution from glucose.

ANALYTICAL REPORTS.

DR. JAMES EDMUNDS, public analyst and medical health officer for the parish of St. James', Westminster, says:—"I find that Manhu Diabetic Foods (flour and biscuits) contain all the constituents of the best wheat, and that none of the carbohydrates have been lost in the treatment to which they have been subjected.

"The biscuits are palatable and appetising, and the flour makes excellent bread."

Messrs. E. DAVIES & SON, analysts, of Liverpool, say:—"We have examined your Manhu Diabetic Flour, and find that the treatment which it has received has rendered it much more digestible than ordinary flour. It contains such a quantity of soluble albuminoids, together with the changed starch, that we consider it well suited for all persons of weak digestion, especially those who find it difficult to assimilate ordinary food containing starch. The microscope showed that most of the starch granules are swollen and ruptured."

The Analyst of *Health* says of Manhu Diabetic Foods:—"The starchy matter is considerably changed, so that it is more readily soluble, and from this cause is far easier digested. The condition in which we found most of the carbohydrates is as the several varieties of dextrine, being in nature similar to those converted from cooked starch by the action of the saliva."

The *Hospital* says:—"The Manhu Diabetic Foods, consisting of Flour, Wheat, Barley, and Biscuits, are well tolerated in the diabetic system, and are particularly rich in proteid substances."

ON DIABETIC DIET.

(1) Under the old system of treatment foods containing starch and sugar are forbidden. This exclusion of starch and sugar would be a severe ordeal, even for a healthy person—and for the Diabetic patient it is an ordeal which kills a large number of the patients to whom it is strictly applied. Sugar and starch are essential constituents of foods derived from the vegetable kingdom. Their exclusion becomes a form of starvation.

For example, among the things forbidden are potatoes, carrots, beetroot, parsnips, turnips, radishes, asparagus, and other vegetables which contain starch or sugar.

Sago, tapioca, vermicelli, arrowroot, ordinary macaroni, in fact all cereal foods for bread, porridge, puddings and cakes; honey and liver are also forbidden, as animal products containing sugar.

In place of the foods thus forbidden, Diabetic patients are ordered to eat gluten or other breadstuffs which have been deprived of their starch, sugar and other vital constituents. Against these devitalised foods the palate and stomach rebel. Among the patients who persevere upon such lines many have their deaths precipitated by starvation or lack of proper food constituents.

The diet of gluten bread and animal flesh often poisons the system by surcharging it with nitrogen. On the other hand, vegetarians who abstain from fish, flesh, and fowl, declare that few cases of Diabetes occur among them.

(3.) Diabetes is a disease in which the carbohydrates (such as starch and sugar) cannot be broken up in the system, and are consequently extruded as glucose. The cause of Diabetes—like the cause of Cancer—has hitherto baffled the skill of the Faculty. It is not curable by drugs. The use of narcotics, such as codeia or morphia, disguises

the symptoms for a time, but has no curative action—no power of removing the cause of the disease. These narcotics merely fool the patient. Drugs poison the patient but do not touch the disease. The true remedy is a dietetic one, and is indeed shown by the efforts made for many years past to prepare a bread which, while free from carbohydrates, shall be able to keep the patient alive and maintain his proper weight. These efforts have been a failure.

The object has now been accomplished by leaving the carbohydrates in, but changing their molecular condition so that a large proportion of Diabetic patients can utilise these foods.

(4) The Manhu treatment of Diabetes does not consist of drugging the patient, nor of excluding the use of carbohydrates. The starch granules proper to the cereal may be demonstrated under the microscope as still existing in Manhu Diabetic Flour. Its principle is a treatment of the flour which so modifies the molecular conditions of the carbohydrates that they are more easily broken up into carbon dioxide and water, and thus they are made assimilable and reducible in the systems of diabetics, to whom ordinary carbohydrates are a poison. No drugs are given. The aim is to supply agreeable nutrition in such a form as will feed the system of the Diabetic. Experience shows that if the Diabetic can be kept alive and up to normal weight by means of suitable foods, a natural recovery at length takes place. The Manhu Foods do not act as a poison, like ordinary breadstuffs, on the Diabetic system. At the same time they will keep a healthy man in full vigour for an indefinite time, while for invalids generally they maintain the strength most admirably.

(5) **The Saliva.**—In studying digestion it is found that our saliva contains a ferment (ptyaline) which acts powerfully on starch during the mastication of food in the mouth. The habit of spitting is injurious to digestion. In the stomach, and in different sections of the intestines, other ferments successively act upon the different principles of the food and complete the hydrolization of the carbohydrates. If these ferments be defective in quality or deficient in quantity, various forms of dyspepsia and diabetes follow. In such conditions the Manhu Foods are invaluable by reason of the preliminary changes which their constituents have undergone.

This is why they also suit aged and invalid people and delicate children so well. They are more easily and more perfectly digested, and as they contain all the nourishing constituents of the cereals from which they are prepared, they yield their full measure of food value alike to persons who are healthy or invalid, or diabetic.

(6) Most of the ailments which affect mankind originate from what they eat and drink. If the stomach contain a residuum of soured or badly fermented food, the ingestion of fresh food is like putting "new wine into old bottles." The bad ferment corrupts the new food and the distress is only increased. Such crude materials, if absorbed into the blood, poison the system instead of nourishing it. In such cases the best treatment is to drink freely of hot water. Then tickle the back of the throat with the end of the finger and vomit its contents

If this process be repeated once or twice all such crude or wrongly fermented materials may be ejected from the stomach and fresh food may be ingested with the chance of proper digestion. But, if part of the crude matters have passed on into the intestines a tablespoonful of castor oil or a large dose of magnesia should be taken so as to hurry the materials on through the intestine and prepare the digestive tract properly for new food. In some such cases it is not alone the stomach which is at fault; it may be the character, or the quantity, or the freshness, or the cooking of the food which has been ingested.

The change in the stomach.—The Manhu wheat, if stirred into boiling water and kept over the fire for a few minutes, becomes a milky-white mass resembling Chyme—or the pulpy condition of food in the stomach after it has been acted upon by the gastric juice. A cold infusion of the food does not turn the plane of polarization to the right; the process is not intended to dextrinize the food. The change is such that the food, when acted upon by the various ferments of the digestive tube, digests easily, assimilates perfectly, and yields up its energy to the system, instead of acting as a poisonous and useless body which has to be excreted by the kidneys as glucose, when it should exhale through the lungs as carbon dioxide and water. In the treatment of Manhu food no chemicals are used.

MANHU DIABETIC FOODS.

MANHU DIABETIC FLOUR.

For description of the preparation of this Flour, see page 4.

If the following directions are carried out no difficulty will be experienced in baking bread from this Flour.

DIRECTIONS FOR BAKING.

To 1 $\frac{3}{4}$ -lbs. Manhu Diabetic Flour add $\frac{1}{2}$ -oz. of yeast and salt to taste. Add water gradually until the dough is just moist enough to leave the sides of the basin quite clean. Stir with a spoon; no kneading required. Use no white sponge nor any other flour for dusting.

Let the dough stand for 20 to 30 minutes *in a warm place*, and then bake *thoroughly* in a moderate oven. Small loaves are the best.

If not baked thoroughly, cut the loaf in slices, and put them in the oven again to dry up like rusks.

Biscuits can be made by rolling the dough out thin, and cutting into the desired size, and baking in a quick oven.

MANHU DIABETIC BISCUITS.

These are made from the specially prepared Flour, and contain precisely the same valuable nourishing properties. Food in this form will be found of great convenience to those who must live on special diet, where the bread may not always be obtainable.

MANHU FLAKED WHEAT—(See note).

This is a preparation from pure Wheat, in which the starch is changed, so that it is rendered soluble and easy of digestion, and makes the most perfect porridge in 5 minutes.

Directions will be found on the cover of each Packet.

MANHU FLAKED BARLEY—(See note).

This is prepared similarly to the Flaked Wheat, and also makes excellent porridge and puddings. Porridge made of a mixture of Wheat and Barley forms a pleasant change in a restricted diet.

Directions will be found on the cover of each Packet.

MANHU PREPARED BARLEY (See note).

This article makes an excellent food for any one requiring a light nourishing diet. The starch is changed so as to render it more easily digested and nourishing, and it should be used to furnish the chief drink of a Diabetic patient. Besides its merits as a food, it has the great advantage of being quickly made into either a drink or a gruel as required. *Directions will be found on each Tin.*

MANHU BARLEY-COCOA.

This is a valuable preparation of pure cocoa combined with starch changed prepared barley. It affords an excellent beverage, which is easily digested, and imparts new life and vigour. It is a perfect food and contains no drugs. It closely resembles milk in its nutritive and self-sustaining properties. *Directions on each Tin.*

MANHU DIABETIC MACARONI.

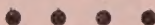
This article is made from pure wheat, in which the starch is changed so that it is rendered soluble and easy of digestion. It contains sufficient albuminoid matter and other flesh-forming and strength-producing properties.

The Manhu Diabetic Macaroni should be boiled in water (not milk) for persons of delicate health. *Directions with each Packet.*

NOTE.—Because the Flaked Wheat, Flaked Barley and Prepared Barley are valuable alike to persons who are healthy or invalid or diabetic, they are not specially designated “Diabetic” in the printed lists of Manhu Diabetic Food or on the covers of the Packets.

MANHU
DIABETIC DIETARY.

MANHU DIABETIC DIETARY.



Patients May Eat

Manhu Diabetic Flour, can be used for all purposes in place of ordinary flour.

Manhu Diabetic Biscuits.

Manhu Flaked Wheat.

Manhu Flaked Barley.

Manhu Diabetic Macaroni.

Manhu Prepared Barley.

Animal Soups, Beef-tea and Broths may be thickened with any of above Foods.

Butcher's Meat of all kinds.

Yorkshire Pudding made with Diabetic Flour.

Game.

Poultry.

Eggs.

Shell-fish of all kinds, fresh, salted or cured.

Ham, Bacon, or other smoked, salted, dried or cured meats.

Butter.

Cheese.

Cream Cheese.

Cream.

Turnip-tops.

Greens.

Spinach.

French Beans.

Brussels Sprouts.

Cauliflower.

Broccoli.

Cabbage.

Seakale.

Vegetable Marrow.

Mushrooms.

Watercress.

Mustard and Cress,

Cucumber.

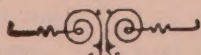
Tomato.

Patients May Eat

(continued)

Lettuce.
Endive.
Celery.
Rhubarb.
Vinegar.
Oil.
Pickles.

Jellies and Custard sweetened
with Saccharin.
Savoury Jelly.
Blanc-mange made with isin-
glass or gelatine and Cream.
Nuts of any description, except
Chestnuts.
Olives.



Patients May Drink

Barley Water made with
Manhu Prepared Barley.

Manhu Barley Cocoa.

Milk (sparingly).

Tea.

Coffee.

Cocoa from nibs.

Dry Sherry.

Claret.

Dry Sauterne.

Burgundy.

Chablis.

Hock.

Brandy, Whisky, and other
Unsweetened Spirits.

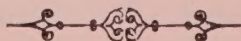
Soda and other Aerated Table
Waters.

Light Dinner or Bitter Ale, in
small quantity.

Patients Must Not Eat

Eggs and Bacon together.
Sugar in any form or in anything.
Ordinary Wheaten Bread and
Biscuits of all kinds.
Toast.
Rice.
Arrowroot.
Cornflour.
Oatmeal.
Sago.
Tapioca.
Ordinary Macaroni.

Vermicelli.
Potatoes.
Carrots.
Parsnips.
Beetroot.
Peas.
Spanish Onions.
Ordinary Pastry and Puddings
of all kinds.
Fruit of all kinds (Lemons ex-
cepted), fresh and preserved.



Patients Must Not Drink

Sweet Ales, mild and old.
Porter and Stout.
Cider.
All sweet Wines.

Sparkling Wines.
Port Wine, unless sparingly.
Liquours.

DIRECTIONS FOR THE MANHU TREATMENT OF DIABETES.

(1) Beside the use of Manhu Diabetic Bread and Biscuits, use the Manhu Flaked Wheat and Barley as substitutes for potatoes. Boil them in the usual way. When cold cut in slices and fry with a little butter, and use like you would potatoes. Light crisp Yorkshire Pudding made with Manhu Diabetic Flour is an excellent substitute for potatoes.

(2) Let two-thirds of your diet consist of the Manhu Diabetic Foods (without any sugar) and one-third good minced beef, chicken, fish, or, among vegetarians, such food as they use to take the place of flesh meat, if they are nitrogenous foods.

(3) If constipation troubles exist, use olive oil, say a table spoonful, with your mid-day meal. It may be necessary for an inward and outward application in some cases.

(4) Take all the exercise possible without fatigue. Use self-massage by rubbing with the palms of the hands all over the body. This is the best exercise, and opens the pores. There is a wonderful sympathy between the skin and the stomach, and self-rubbing, if strong enough, is excellent. The next best is to have some one to rub you.

(5) Test the beneficial effects of the Food by the decrease of despondency and increase of brightness and hopefulness more than by the urinal tests. Do not allow the fluctuations in specific gravity and sugar to bother you; keep steadily to the food and treatment. Fluctuations are often mysterious and misleading. You cannot judge properly by calculations indicated by the Sp. Gr. Wrong deductions narrowly formed lead to wrong conclusions. Take these facts into consideration, and judge more by the increase of your general health and strength. There will be fluctuations. They are to be expected. But in nine cases out of ten, where the food and treatment are persevered in, the urine becomes gradually less in quantity, which proves that the system is secreting less sugar, which in a few months entirely disappears. The constant examination of the urine only worries the patient and often retards the cure, as the variations run down and up, or up and down for some time, but if the general health improves, the urine will come all right in time, and the disease will be conquered. Very often, when the sugar disappears, some albumen will be found in the urine. This must not frighten anybody. Nature is re-asserting its rights, and the food is bringing the digestive organs to their normal state. The albumen will soon disappear and health be permanently restored.

(6) The Manhu Diabetic Foods are to be used for bread, biscuits, porridge, sauces, gravies, but no ordinary flour or foods containing live starch.

(7) No raw apples are to be used. The drink should be chiefly barley water, made of the Manhu Prepared Barley, which is starch

changed. Custards, puddings, pastry, &c., should be made of the Manhu Prepared Barley and Diabetic Flour only. Use no baking powders which contain live starch.

(8) Some good Scotch or Irish Whisky may be used. Gruel made of Manhu Prepared Barley is good once a day. One or two Manhu Diabetic Biscuits should be eaten at the end of each meal, or any time when feeling weak or faint. Do not drink with your meals. Eat your food as dry as possible. Drink after and before your meals, but not while eating

(9) Do not eat too much of the Diabetic Bread at a time; *it is stronger than you think*. Good bacon may be eaten for breakfast *but no eggs with it*. Use the bread and substitutes for potatoes. If much olive oil is taken, avoid the bacon. Eggs may be eaten when other strong food is not.

(10) A hot bath once a week is sufficient, always take care to cool off in colder water gradually and rub briskly after it. The feet should be kept warm, by rubbing, and the whole body should be well rubbed every day. Be gradual at first, and continue as strength permits.

(11) Inhalations of pure fresh air, by filling the lungs, throwing back the arms, and drawing into the lungs all the pure fresh oxygen you can, is excellent. Do this often, as it increases the action of the lungs, heart, and digestive organs, and helps to dispel the noxious carbonic acid which poisons the blood.

(12) We recommend patients to confide in their physicians, who in most cases approve of these Foods and the treatment here laid down.

SOME CLINICAL EVIDENCES and RECORDS OF CASES TREATED WITH MANHU DIABETIC FOODS.

Mr. C. R. B., whose daughter, 13 years of age, began using these foods when her Sp. Gr. was 1.045, reports as follows:—"She was very ill and weak, and much reduced in weight. In one month she passed only about half the quantity of urine she had before. She gradually gained in weight and health. In another month she was fit to go to school, had gained her former weight, and the physician was greatly pleased with the case."

Mr. J. Y. had lived on gluten foods for 18 months. His physician stated that his system was a regular sugar factory. There was some decrease in the quantity of sugar during that period, but a greater decrease in his health, strength and weight. Then he was recommended to use casein, or the albumenoids of milk, under which treatment he continued to lose weight and health. This

continued for six months, when another physician recommended him to use the Manhu Diabetic Foods, which he found very palatable, and owing to that was suspicious of them; but they did him good, and he gradually gained health, strength and weight. In less than a year on Manhu Foods he gained over a stone in weight, and his physician pronounced him free from sugar."

Mr. A. G. has used these foods for over two years. The following is what he says:—"I have got on capitally with Manhu Diabetic Flour, Barley and Biscuits; please send me 56 lbs. more of the Flour."

And a year later he wrote:—"I enclose 31/- for another supply of Manhu Foods, which I am glad to say are doing me much good."

Mr. J. C. H. was sent by a doctor. He began the Foods when in a hopeless condition, as stated by his doctor. After using Manhu Diabetic Foods he wrote as follows:—"I am much better, and back at my duties again. The complaint seems to be practically conquered. The bread made from Manhu Diabetic Flour is simply splendid, and much more enjoyable than the ordinary white bread, and in my case seems to have been most beneficial." He continues free of Diabetes.

Mr. H. J. N. recommended by Mr A. G. to use these foods for Diabetes, has had large supplies during the past year. After using Manhu Diabetic Foods, he wrote:—"My doctor says there is no sugar now in my system, and he is recommending the Foods to others."

Mr. H. J. I. has used these Foods for some two years, and his last report was, that his doctor pronounced him practically cured.

Mrs. L., recommended by Dr. C. to use Manhu Diabetic Foods, reported, six months later, that her physician declared there was now no sugar in her system.

Mrs. S. reported that her doctor, who had some six months before recommended her to use Manhu Diabetic Foods, said that now she was free from sugar in her system, being the first time in nine years.

Mr. R. W. was recommended by Dr. B. to begin using Manhu Foods. Mr. W. reported, five months later, that he had religiously carried out our directions, and Dr. B. had just pronounced him free from sugar. He still uses them.

Mr. and Mrs. L., both diabetic, began using Manhu Foods. In three months Mrs. L. was free from sugar, but Mr. L. continued to make considerable sugar, while at the same time he increased in weight, strength and health. The Sp. Gr. for several months during his improved health would be from 1'033 to 1'045, but he was relieved of the frequent micturition and became more hopeful all the time. He recovered so completely that the Sp. Gr. was 1'022, and scarcely any sugar. His brother, Dr. L., made him give up all bread and use only the Manhu Diabetic Biscuits.

Mr. J. P. W. writes as follows:—"After several years' suffering, I have now for twelve months been using Manhu Diabetic Foods instead of gluten, and for six months past am entirely free from Diabetes, and can eat fruit and other ordinary foods without injury."

A physician writes as follows:—"I am pleased to inform you that a lady patient of mine, who has for years suffered from chronic Diabetes, has been taking Manhu Diabetic Bread for some months with marked success."

Mr. C. states that, finding gluten and other foods did him no good, he began the use of Manhu Diabetic Foods. After three months he reported that his physician said he was entirely free from Diabetes.

Mr. B., whose wife had used these foods for a year, after trying other foods and remedies, came and reported urine normal, and a wonderful improvement in her health and strength.

Mr. J. W. P., after using these foods for over a year, wrote:—"I am glad to say my general health is much improved. I like the foods very much. They are both satisfying and enjoyable, and I hope to continue them (independent of disease). The Diabetes is also better. The burning thirst is gone, and the quantity of urine passed is reduced one half."

Mr. J. M. D. began the use of Manhu Diabetic Foods with marked success. He gained health, strength, and 7 lbs. in weight. Then he consulted a specialist, who put him on gluten bread and codein, and the old treatment generally. In one week he lost health, strength and hope. He returned to Manhu Diabetic Foods, and in eight days gained 4 lbs. in weight, and felt like a new man. As he was going abroad he bought £6 worth of food to take with him.

Mr. A. states that he had been treated by a specialist who ordered gluten foods, codein, &c., but he could not get on with them. He could not eat the foods, while the morphine made him feel queer. He began the use of Manhu Diabetic Foods, and after three months returned to his physician—the specialist—who said he was free from diabetes. There was no sugar in his urine. He was ordered to continue the same diet. He then asked the doctor if he could eat the Manhu Diabetic Foods. "Oh dear no, they contain the starch," said the doctor. The patient, however, continues to use them, and is doing well.

Extracts from Letters recently received from Doctors and Patients.

"Since leaving Hospital, in which I was a patient for 5 weeks suffering with Diabetes, I was recommended by Dr. R to try the Manhu Diabetic Food from which I have derived great benefit, the sugar has greatly fallen, and I have gained in weight 10 lbs."

"I shall feel obliged if you will send my friend, Dr. J. C samples of your Diabetic Foods. I have just been using them with a patient with excellent results."

"Kindly send to my patient Mrs. R to whom I have recommended your products."

* Later this patient writes:—"The Foods are certainly good. Mr. C . . . has been using them for nearly one year and he is very much better. In fact he says he is a living advertisement for your foods."

"I should feel obliged if you would forward me . . . Manhu Diabetic Flour It is absolutely necessary and indispensable with us."

"I am pleased to tell you that we shall not require any more Flour, as the Doctor pronounces my mother free from Diabetes, and we feel bound to tell you that we cannot speak too highly of your Diabetic Foods . . . we feel it has been the means of the cure."

"Please send per return some of your pamphlets respecting Diabetic Foods. I have reaped such benefit through using it these last 12 months that I want to recommend it to some of my friends."

"Would you kindly send samples of Diabetic Manhu foods to Dr. L. T I have written her telling her how much my patients enjoy the flaked Wheat and Barley, and with so much benefit."

"Mrs. S would be glad to know nearest agents as the biscuit is quite the nicest Diabetic one she has ever tasted."

"Please forward two Diabetic loaves as usual. Mr. S . . . has not been having any for a few weeks, but the Dr. wishes him to go back on his old diet."

"I have now for nearly a year been using your Diabetic Foods which have been supplied from your London depot. Although not cured I feel a great improvement, gaining flesh, and being generally very fit" E.C.

"I find your Foods so beneficial that I have recommended them to two other Diabetic patients in S , and they have had part of the last box of Foods I had from you" R.W.S.

"I have used your Foods now over six months, and my doctor reported at Xmas that I was perfectly free from sugar, and I must use your Foods for some time to come yet" H.F.

"I am very much better since using your Flour. I recommended a Mr. H. of T. to you, and others. It (Diabetic Flour) has worked wonders with me, and I shall be glad to do all I can for the use of it. I recommended it to a Mr. S. also, and he is doing well." G.B.

"I have been having regularly your Manhu Diabetic Flour from my grocer every week, and am now going to Canada, and I am wondering how I am going to get it out there. It seems to be the best and most digestible kind of bread procurable." T.R.G.

"One of my district cases is suffering from Diabetes, and I had a sample of your Flour given me by Dr. S. some time ago, and have used it for this case and found it very good, and the patient likes it very much" Nurse S.

Originals of the above, and many other Testimonials will be shown on application to

THE MANHU FOOD Co., Ltd., LIVERPOOL.

List of Manhu Diabetic Foods

(STARCH-CHANGED.)

N.B.—All the following are specially prepared for Diabetic Patients

(For full particulars see pp. 5 & 6.)

MANHU DIABETIC FLOUR,

7 lb. bag 3/6; by post, 4/4

3½ lb. bag 2/-; ,, 2/7

MANHU DIABETIC BISCUITS,

2 lb. tin 2/6; ,, 3/-

MANHU FLAKED WHEAT,

2 lb. packet 6d.; ,, 11d.

and in 1d. packets.

MANHU FLAKED BARLEY,

2 lb. packet 6d.; ,, 11d.

MANHU PREPARED BARLEY,

½ lb. and 1 lb. tins 5d. & 9d.; ,, 8d. & 1/1

MANHU BARLEY COCOA,

½ lb. tins 1/-; ,, 1/3

MANHU DIABETIC MACARONI,

½ lb. packets 6d.; ,, 9d.

MANUFACTURED BY

The MANHU FOOD CO., Ltd

23, BLACKSTOCK STREET,

LIVERPOOL.

TELEGRAMS: "IRVINGTON."
TELEPHONE, 300.



22501246719

MO Pan: WB400 190* M27m